

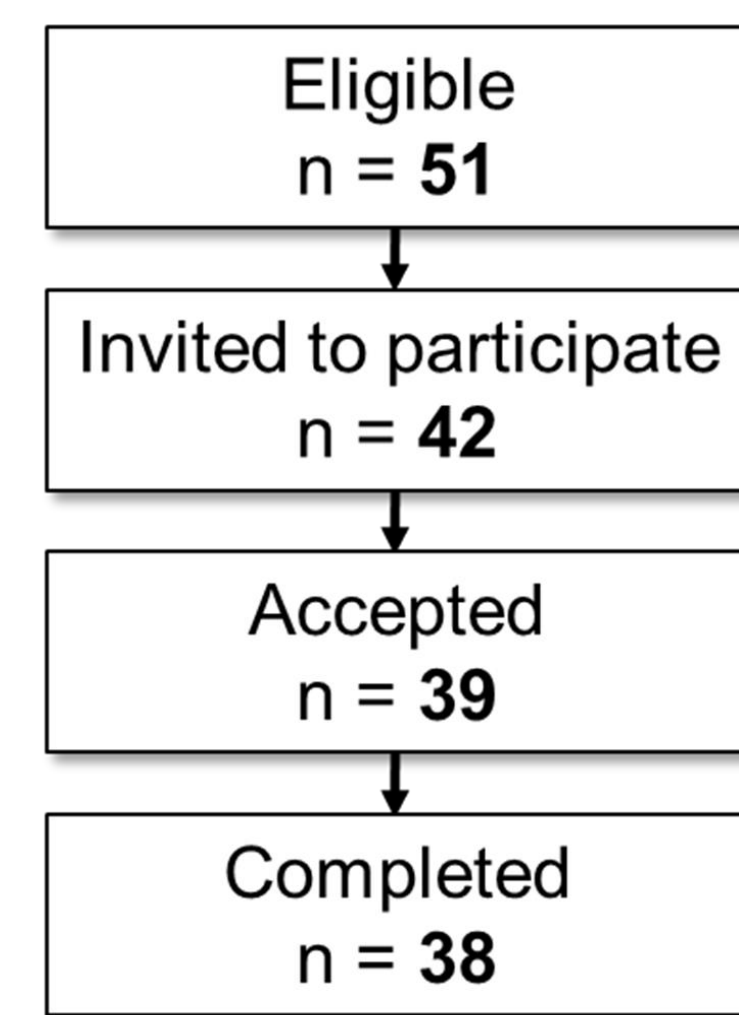


PRESENTER:
Honeywell, Christina

BACKGROUND:

Neuropsychological (NP) assessment is a comprehensive evaluation of a person's cognitive and emotional functioning to understand how their brain is working, often used to diagnose and manage brain-related conditions. Understanding each patient's brain function allows tailoring of mental health care. We designed a stepped approach to generating a brain function profile on every child and youth presenting for MH care

METHODS:

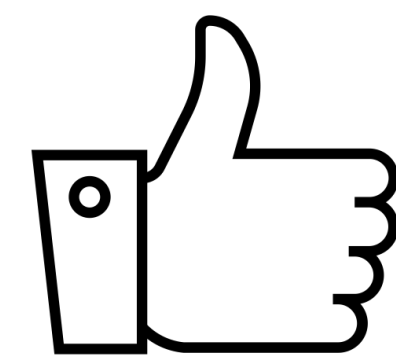


PATIENT PARTNERSHIP:



Our Patient-partner, Nicole Dean & her daughter, Lily, helped plan the project workflow & reviewed our clinician invitation scripts and survey design/questions.

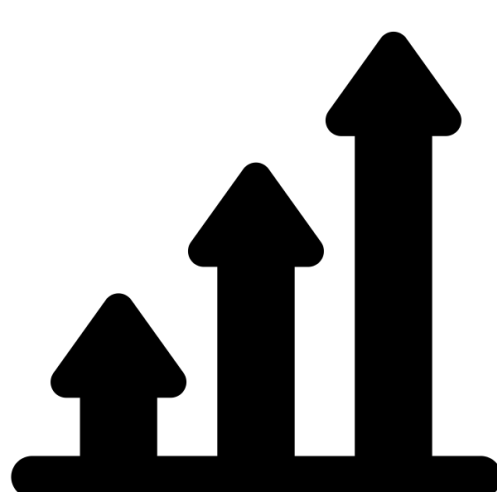
RESULTS:



91% staff, 83% & youth & 94% caregivers found the project helpful, valuable, and safe.



82% of clinicians said the project increased their knowledge of brain function



Improved:

- hope about the future
- interaction between youth & caregivers
- learning outcomes
- caregiver ability to advocate for their children

“Diagnosed Smart”

Improving Precision in Child & Youth Mental Healthcare Through Neuropsychology-Informed Treatment: A Quality Improvement Initiative



Routine process

4 Neuropsychologists
+ 2 Psychometrists (Total FTE = 3.6)

NP team sees patients referred by medical teams

Full assessment = 6 hours

NP team works primarily with medical team

NP assessment reports were long & not integrated into EHR



Demonstration project

2 Neuropsychologists
+ 1 Psychometrist (Total FTE = 1.8)

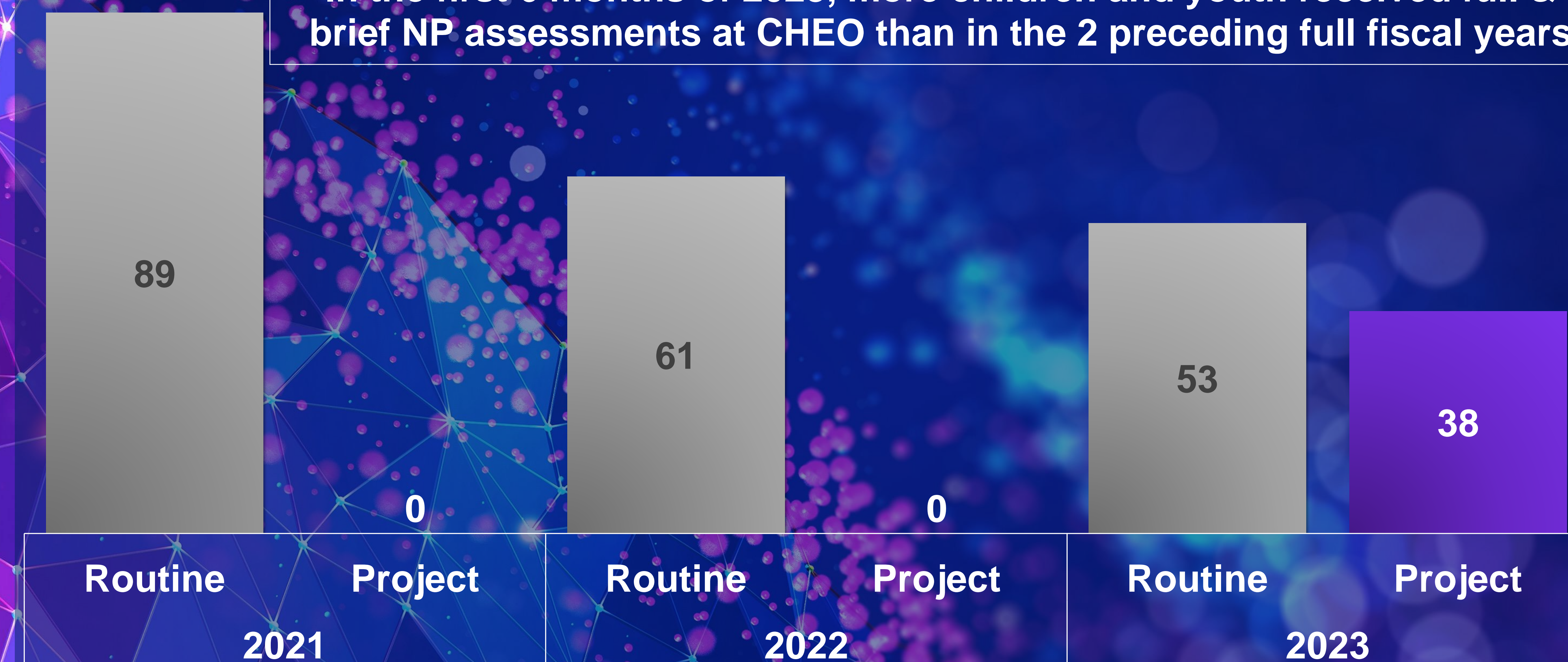
All new mental health (MH) outpatients offered the NP- informed treatment

Brief assessment + add-ons if needed = 2–3 hours

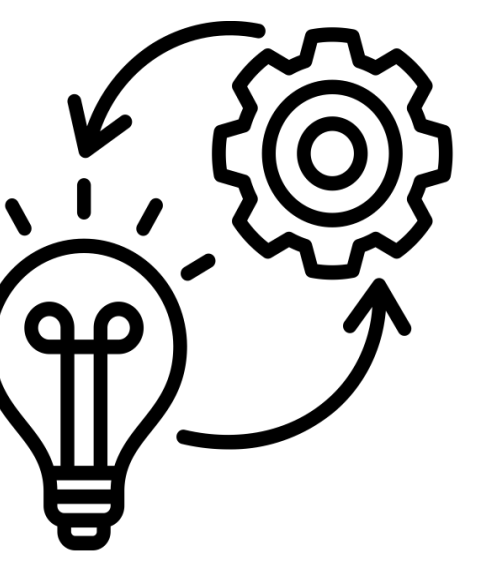
NP team communicates results to each MH provider

A brief templated report became integrated into EHR

In the first 6 months of 2023, more children and youth received full & brief NP assessments at CHEO than in the 2 preceding full fiscal years



Implications for practice:



- Moving expertise from a consulting model to an outpatient team model where all children & youth are offered the opportunity for tailored care demonstrates a more inclusive approach
- Stepped NP assessment is welcomed by patients & providers alike
- A strengths-based interpretation is key to success
- Co-design of EHR documentation is crucial for realizing the potential of measurement-based care & streamlined communication

In a Clinician's words:

*“The NP assessment was **transformative** for several teens and families I worked with [...]. One example that stands out is a young woman who had traumatic early childhood experiences and was apprehended [sic] as a young child. When I first met with her, she was heading for placement breakdown. The NP assessment has changed her life and her family's life. **By more accurately understanding her brain and her capacity, we allowed her and her parents to see her in a new light and to compassionately reframe her past behaviour.** I still see her for individual therapy and we joke about how she has been “diagnosed smart” and her whole face lights up. She tells me the relationship with her parents “is the best it's ever been.”*

Christina Honeywell, Anne-Lise Holahan, Kathleen Pajer, Peter Anderson, Amanda Helleman, Dasa Farthing & Marsha Vasserman.

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